



Longwood 50+ Center

September 2018

Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm

6150 Foreland Garth
Columbia, MD 21045
410-313-7217

Director: Kari Weidner

www.howardcountyaging.org

Monday September 3, 2018	Tuesday September 4,2018	Wednesday September 5, 2018	Thursday September 6, 2018	Friday September 7, 2018
 LABOR DAY	中国式健身操 9:00am 钩编/针织 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 中国歌曲 & 尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday September 10, 2018	Tuesday September 11, 2018	Wednesday September 12, 2018	Thursday September 13, 2018	Friday September 14, 2018
	中国式健身操 9:00am 钩编/针织 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 中国歌曲 & 尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday September 17, 2018	Tuesday September 18, 2018	Wednesday September 19, 2018	Thursday September 20, 2018	Friday September 21, 2018
	中国式健身操 9:00am 钩编/针织 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 答对了 10:00am 午餐 12Noon 乒乓与游戏 2:00- 4:00pm		
Monday September 24, 2018	Tuesday September 25, 2018	Wednesday September 26, 2018	Thursday September 27, 2018	Friday September 28, 2018
	中国式健身操 9:00am 钩编/针织 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 中国歌曲 & 尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		